

HALIFAX

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NEWS  
WORTH  
SHARING.



## Police plan initiatives

Force to prioritize six key areas including training on how to handle victims of domestic and sexual abuse, chief says

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## Prison calls heard in court

Jury hears voice of accused in Amber Kirwan murder for first time, in recorded calls with his family

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## Hey! Rosetta phones home

Comet-chasing spacecraft sends "Hello, world" greeting after waking up from three-year nap

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## PSST! HE'S CARRYING HIS LATE NIGHT SCHTICK TO THE TONIGHT SHOW

FALLON HAS NO PLANS TO SWITCH UP HIS BRAND OF COMEDY AS HE MOVES INTO LENO'S SPOT

PAGE 10

# Big changes proposed for big development



Work continues on a new section of the King's Wharf development in Dartmouth on Monday.

JEFF HARPER/METRO

### By the numbers

12

Number of buildings currently approved for King's Wharf.

15

Number of buildings now requested by developer.

### King's Wharf.

Developer seeks HRM's blessing to add new buildings, raise the height of others



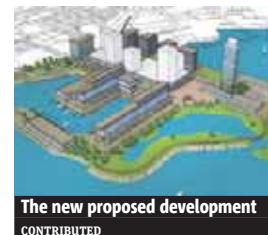
RUTH DAVENPORT  
ruth.davenport@metronews.ca

Dozens of Dartmouth residents packed the Alderney Landing theatre Monday evening to offer everything from outright opposition to tempered support for substantial amendments proposed for the King's Wharf development.

"Everything's become very blocky," said one Admiralty Place resident who went to the microphone to offer comment. "It's kind of sad to see that surface of the water disappear and a lot more buildings show up."

Developer Francis Fares is asking HRM for five amendments to the development agreement governing phase one of the 30-acre mixed-use project in Dartmouth Cove.

EDM Consultants presented a detailed overview of



The new proposed development  
CONTRIBUTED

the proposed changes, which helped get some of the 200 residents in the audience on board.

"I'm surprised I'm not more opposed to the project," said John Holm after the presentation. "The concept is much better than I anticipated."

The changes would alter the design of the secondary access from Prince Street; introduce a salt marsh lagoon through infilling; add more townhouses, another tower and increase building heights; and provide more flexibility for development of the designated commercial and retail block.

Most residents were opposed to the proposed increase in building heights, and in particular to adding another high-rise tower.

"We're talking 150 metres, and I think that may be too tall," said Richard Bonner. "The tallest building we have now is Fenwick Tower. That's less than 100 metres, this is going to be a big difference."

HRM planner Mitch Dickey said height is one of the biggest issues for city staff to wrestle with in preparing a report for community council.

"Staff will look at it in terms of urban design, attractiveness and we do have requirements for wind studies in particular," he said.

The proposal to add a salt marsh lagoon garnered plenty of support, though several people raised concerns about long-term maintenance costs and the environmental impact of infilling.

EDM senior planner Margot Young noted Dartmouth Cove is heavily contaminated, and infilling will actually help restore marine habitat.

"The cleanup of the cove is the reason why the lagoon is being considered by (the Department of Fisheries and Oceans) as a habitat compensation project," she said.

Dickey said staff will take about six months to prepare its final report.



# This could be the year of backing on to a golf course.

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Wednesday

## Region in path of more snow



HRM snow plows. METRO FILE

The Halifax area and most of Nova Scotia could see a significant amount of snow on Wednesday thanks to a winter storm moving up from the Great Lakes.

Environment Canada issued a winter storm watch for HRM Monday, warning of a low-pressure system to the west of the Great Lakes that could move north east across the Maritimes Tuesday night.

Environment Canada meteorologist Tracey Talbot said Nova Scotia would see the majority of snow on Wednesday.

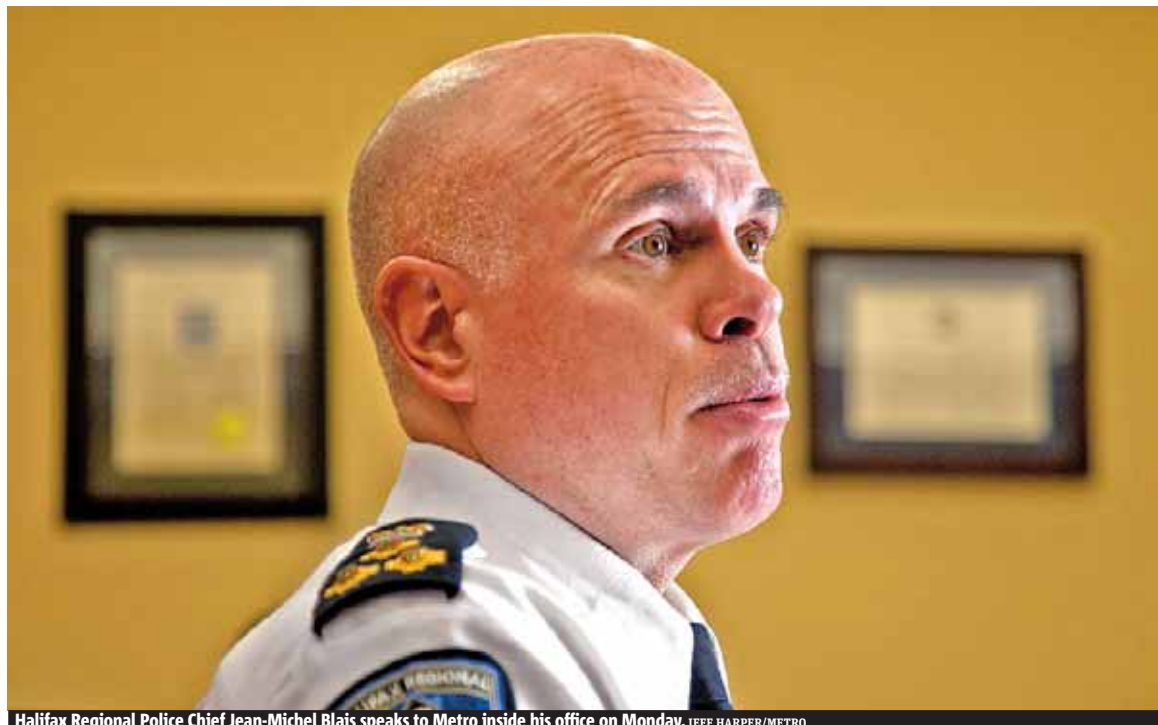
"We're looking at some gusty winds and some blowing snow with it as well," Talbot said.

Talbot said it looks like the storm should keep south of Nova Scotia, so the province will be in the colder section of the storm and residents should just expect snow.

There's a "good possibility" we could get over 15 centimetres of snow, Talbot said, but that is only a tentative amount.

"The system hasn't even started to cross the East Coast yet, so it won't be until then ... that we'll get a better feel for what to expect," Talbot said.

Environment Canada is advising people to monitor future forecasts for any warnings. **HALEY RYAN/METRO**



Halifax Regional Police Chief Jean-Michel Blais speaks to Metro inside his office on Monday. JEFF HARPER/METRO

# Police reveal priorities

**Top six.** Jean-Michel Blais says decrease in homicides led to crime dividend



**HALEY RYAN**  
haley.ryan@metronews.ca

Halifax's police chief said a drop in murders and overall crime across HRM will allow the force to focus on high-priority issues like gunplay, cold cases, and sexualized violence.

On Monday, Halifax Regional Police Chief Jean-Michel Blais released a directional statement to let the public know about the top six operational priorities the police will look into in 2014.

"We wanted those priorities to reflect what we consider to be the most pertinent areas," Blais said.

A steady decline in homicides (19 in 2011, 12 in 2012, and six last year) and reduction in overall crime led to a "crime dividend," Blais said, which has allowed police to plan initiatives and special training they wouldn't have otherwise.

Officers are now being trained in a trauma-informed approach on how to handle victims of sexual violence or domestic abuse, Blais said.

This will teach officers to think of the victim first, and help start the healing process before thinking about laying charges, he said.

"It's a scourge in our soci-

## Focus for 2014

The six priorities for 2014 are: domestic violence, gun violence, downtown alcohol and bar concerns, sexualized violence, traffic safety and cold cases.

ety, and we have to do something," Blais said.

Although Blais said there used to be a perception police can't affect what goes on behind closed doors, it's important to create more awareness around domestic abuse.

"In the past we've taken an approach ... almost like what the victim could have done to avoid it, as if it was her fault," Blais said. "It should be 'What

did the aggressor do?' and 'How can we avoid that from happening again?'"

Police will also focus on the groups of young males who are involved with the drug and gang cultures that are behind much of the gunplay in HRM, Blais said, so innocent people aren't caught in the middle.

Blais said investigators have already begun a review into the HRP cold cases dating back to 1955 to see whether there are realistic chances of charges being laid or if more evidence can be found.

"We see how sad the whole issue of an unresolved homicide is for the family," Blais said. "It can just tear into the whole fabric of a person when they have no closure."

1 NEWS

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Thursday, January 16<sup>th</sup>  
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# Group asks justice minister to act on violence and disability

**Crime and mental health.** Treatment the right response to most outbursts: Advocates

A Nova Scotia group that speaks for people with intellectual disabilities is calling for a meeting with federal Justice Minister Peter MacKay, saying laws must be changed to stop the criminalization of people with special needs.

Cindy Carruthers, co-ordinator for People First Nova Scotia, told a news conference Monday in Halifax that people with cognitive impairment are too often being charged for aggressive behaviour that should be dealt with outside the justice system.

## Last resort

**"There should be more effective responses when someone loses control other than calling the police."**

Cindy Carruthers, co-ordinator for People First Nova Scotia

"These crisis situations can be minimized and perhaps even eliminated with appropriate housing, effective staff ... and good programs," said Carruthers.

A spokeswoman for MacKay did not specify whether MacKay would meet with the group.

"Our government is always open to suggestions on means to make the federal justice system more responsive and efficient," Paloma Aguilar said in an email.

The province's Community Services Department wrote in a statement that each care-giving facility develops its own policies on when to call police.

"Police are only called as a last resort in situations of imminent danger when other

less intrusive interventions fail and the person ... is a threat to themselves or other residents, staff or bystanders," the statement said.

A spokesman for Nova Scotia's justice minister issued a statement saying anyone who feels they are in danger has the right to call police.

"Once police are called to a situation, they are trained to be sensitive to people's needs and abilities and to assess carefully whether charges should be laid," it read.

Victor Murphy of Truro spoke at the news conference about his 34-year-old daughter Amanda, who will be sentenced next month for assaulting a worker at a group home even though she has the mental capacity of an eight-year-old.

"I'm kind of disappointed in the staff that they would ... file assault charges rather than work something out," he said, adding that his daughter is epileptic, bipolar and has attention deficit disorder.

THE CANADIAN PRESS



Victor Murphy, left, and Cindy Carruthers of People First Nova Scotia answer questions during a press conference on Monday. Murphy is the father of Amanda Murphy, a special-needs adult facing criminal charges. JEFF HARPER/METRO

# Christopher Falconer heard at murder trial



Alleged murderer Christopher Falconer NEW GLASGOW NEWS

For the first time, the 13-member jury has heard the voice of the man accused of killing Amber Kirwan.

Audio tapes were played in Pictou Supreme Court Monday during the first-degree murder trial of Christopher Alexander Falconer that held two conversations he had with his father and stepmother after his Nov. 10 arrest on a parole violation.

The conversations were intercepted during a phone call he took from the Central Nova Scotia Correctional Facility in Burnside, which had

signs posted that phone conversations may be taped.

The tapes were difficult to make out, but Falconer could be heard telling his parents about his plans to move from a provincial to a federal penitentiary and how he was thinking of pleading guilty to save them the stress of a trial.

He said everyone thinks he did it anyway.

He told his parents he was going to be charged with murder, but his father Scott Jr. told him not to plead guilty if he didn't do it.

## Case basics

Falconer is accused of killing 19-year-old Amber Kirwan, who went missing Oct. 9, 2011, from New Glasgow.

- Her remains were found a month later in Heathbell.

"Don't do that," he said. "If you plead guilty, that never goes away."

Falconer told his father he was alone that night.

"Don't you give up on me," his father said. "If you didn't do it, don't do that."

His stepmother, Sue Kelly, said they would survive and asked him to remain strong.

In a second phone call, on Nov. 17, he spoke to his father about his move to a federal prison and also spoke of the Marriott gang known in the federal system.

He tells his father he is still having some back pain and they talk about a car being returned to Scott Jr. after a police search. NEW GLASGOW NEWS

## Long Pond

### Big plans for site of hockey's creation

The Birthplace of Hockey may have a new arena in the not-so-distant future.

Joe Seagram, headmaster of King's-Edgehill School, says a small committee was struck in September 2013 to explore the idea of building an arena fitting of the Birthplace of Hockey

on or around the school's property overlooking the legendary Long Pond.

The dream is to build an arena that would boast an Olympic-sized ice surface, walking track, fitness centre and must-see Hockey Hall of Fame exhibit.

The group behind the project is developing a business plan and preparing a presentation to share with the public in February.

HANTS JOURNAL



Long Pond in Windsor HANTS JOURNAL

## Bay of Fundy

### Turbine testing berth up for grabs

One of the companies with a berth to test tidal turbines at a research site in the Bay of Fundy is opening up its spot to other bidders.

The Nova Scotia government says Alstom has informed the province it is releasing its berth in order to focus on developing its

technology in Scotland.

The remaining two berths at the federally and provincially supported Fundy Ocean Research Center for Energy are held by Minas Energy and Atlantis Resources.

A fourth berth was vacated by Nova Scotia Power after its OpenHydro device was damaged in 2009, but the province says OpenHydro is bidding to regain a spot. THE CANADIAN PRESS

## Hubbards

### Victim of house fire identified

The RCMP have identified a woman who died in a weekend house fire near Halifax. Police say the body of 56-year-old Shirley Ann Greek was discovered after firefighters responded to a fire at a house in Hubbards on Saturday. THE CANADIAN PRESS



## Funding. Discovery Centre going ahead with renovations at new space

New funding from the provincial and federal governments will now allow the Discovery Centre to “press the green button” on renovations at its future location on the Halifax waterfront.

On Monday the federal government announced it will contribute \$3 million for a new and improved science centre in the Nova Scotia Power Building, while the province will chip in \$6 million.

“That allows us to essentially press the green button,” said Discovery Centre spokeswoman Renée Fournier.

“Now we can actually get in there and start the building.”

The Discovery Centre itself is responsible for the rest of the building cost and any overruns, according to the province.

Fournier said the \$9-million government boost gets the campaign very close to its public-sector target, and it has about \$4 million raised through



The Discovery Centre building on Barrington Street. JEFF HARPER/METRO

private donations.

The total renovation cost is \$20 million.

Fournier said the Discovery Centre team will meet with architects over the next couple of weeks to decide when the retrofit of the empty block B in the NSP building will begin.

People can visit the centre’s planning website at [rediscoverscience.ca](http://rediscoverscience.ca) for more information and to see renderings of the future space.

HALEY RYAN/METRO

## Health. Team to advise on doctor recruitment and retention in N.S.

The Nova Scotia government has announced the creation of a team to provide advice on how to attract and keep doctors in the province.

Health Minister Leo Glavine says the Physician Recruitment and Retention Action Team will provide advice and recommendations on how to improve programs and strategies for the recruitment and retention of physicians.

The immediate priority will be to develop a tuition relief program for medical graduates.

### Report

The team is expected to submit a report with recommendations to Glavine in the spring.

The 11-member team to be headed by Dr. Celina White includes doctors, health administrators, a member of the public and Colchester Mayor Bob Taylor.

THE CANADIAN PRESS



## Billboard looks good enough to eat

A worker puts up a photo of a lobster on a downtown Halifax billboard on Monday. JEFF HARPER/METRO

# Those with service dogs still denied cab service

**Accessibility.** Committee finds visually impaired residents can’t get a roof light number, so no follow-up takes place

### Quoted

“If you cannot get a cab through no fault of your own ... we ought to be able to find that person, take action against that person and, over time, educate the system.” Coun. Steve Craig

HRM’s accessibility advisory committee is looking for new ways to crack down on taxi drivers who refuse to accept passengers with a service dog.

It’s illegal for drivers to refuse anyone with a service dog, unless the driver has a certified medical exemption.

However, two committee members said Monday they continue to hear about the

problem from friends and relatives.

“Why isn’t it being enforced? Why does this keep happening if it’s a law?” asked Patricia Gates.

Yvon Clement said he’s tried to report several incidents but was told he needed the driver’s roof light for any enforcement to take place.

He said that’s a tall order

for someone who’s visually impaired.

“You can usually find out what company it is, but the roof-light number is a little harder, especially after they drove away,” he said.

Drivers are supposed to receive training and written material clarifying their legal obligations, and they can face penalties ranging from fines to

loss of licence for violations — if they’re caught.

Committee member and regional Coun. Steve Craig said the problem is “unacceptable,” as is the response that nothing can happen without a roof light.

“There’s probably something we can do to say, if there’s a visual disability complaint that comes through, the traditional things that you’d ask for just don’t work,” he said. “Not just well, you don’t have a roof light, that’s it. To me, that’s not good enough.”

Craig will work with Gates and Clement to explore enforcement options and report back to the committee.

RUTH DAVENPORT/METRO



paralegal

## Top Paralegals make up to \$52,000 a year.\*

\* Source: Nova Scotia Labour Market Information - [careers.novascotia.ca](http://careers.novascotia.ca)



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# Anger, applause for PM at Knesset

**Israel.** Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Is-



Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

rael and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist ex-

periment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless

## Quoted

**"Just as we unequivocally support Israel's right of self-defence, so too Canada has long supported a just and secure future for the Palestinian people."**

Prime Minister Stephen Harper

of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. **THE CANADIAN PRESS**

## For many on Sochi's outskirts, the Olympic project is no game

A new \$635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental



Irina Kharchenko walks away from her house beside the screen separating her yard and a federal highway in the village of Vesolye, outside Sochi, Russia, on Nov. 27, 2013. As the Winter Games are getting closer, many Sochi residents are complaining that their living conditions are getting worse, and authorities are deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents,

weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

**THE ASSOCIATED PRESS**

## Support our athletes. Wear red and white, but leave the face paint to Ronald

Die-hard fans planning to cheer on Canadian athletes at the Sochi Olympic Winter Games next month may want to hold back on the face painting.

A recent poll conducted by Mondelez Canada shows that if they had to pick, Canadian Olympians said that face painting was their least favourite fan behaviour (20 per cent). Instead, 77 per cent said cheering and shouting, holding up signs of support (73 per cent) and dressing up in red and white (71 per cent) are the top ways to motivate them.

Three-time Olympic gold medalist Jennifer Botterill said while face painting had the lowest impact for her, seeing a sea of red and white always did the trick.

"In our rink, every single time that we played, everyone was in Canada gear wearing the red and white," she said. "And as an athlete you're focused, but at the same time you take in some of that energy and you notice how much the Canadians are supporting you."

But whatever fans do, Botterill said the athletes out there do notice and appreciate it all.

"It's great for them to show their support and their enthusiasm in their most authentic way, so however they want to support is really meaningful for the athletes," she said.

The survey also found that 72 per cent of athletes love receiving handwritten letters, while 62 per cent say they like to hear from fans on social media and 70 per cent said they prefer email letters of support.

In fact, Botterill said she made it a point to put up all the letters she received every time she competed at the Olympics.

"At my first Olympic Games, my roommate Becky Kellar and I put up all the letters that were sent to us in our rooms in the village," she said. "We put every single one up on our walls, so our walls were covered from the support from Canadians ... even the last Olympics, I continued to do that."

**PHOEBE HO/METRO IN TORONTO**

# Noted Canadians supporting Neil Young's campaign

**Oilsands.** Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and

## First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday and signed by 20 notable Canadians

musician Gord Downie of the Tragically Hip are among those who signed the letter. It says that Young's tour raised more than \$500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

The letter also says that Canada must decide if it wants to protect the environment.



Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY

Young played in Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS

## Rosetta spacecraft. Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the designated comet in the coming months and drop a lander onto its icy surface in November.

The probe will be followed by millions of people the world over during the unique rendezvous with the comet.

THE ASSOCIATED PRESS



An artist's impression of Rosetta. THE ASSOCIATED PRESS

## Mix of chemicals

### Mint worker hurt on the job

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

Although his wounds are considered mild, burns caused by chemicals can continue to affect the exposed area.

THE CANADIAN PRESS

## Fredericton

### Man arrested in machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife.

The three victims injured in the attack were two teachers and a student. THE CANADIAN PRESS

CSAP INSCRIPTIONS - MATERNELLE Conseil scolaire acadien provincial pour septembre 2014 dans toutes les écoles du CSAP		GRADE PRIMARY REGISTRATION for September 2014 in all CSAP schools	
L'école acadienne, c'est :		An Acadian school offers :	
Une éducation de qualité en français langue première.	✓	A quality education in French as a first language.	
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Un choix de cours optionnels d'excellente qualité.	✓	A choice of excellent quality optional courses.	
Des laboratoires d'informatique et de sciences à la fine pointe de la technologie.	✓	State of the art information technology and science laboratories.	
Un milieu d'apprentissage dynamique où la langue et la culture sont valorisées.	✓	A dynamic learning environment where language and culture are highly valued.	
Un atout supplémentaire au moment de s'inscrire dans une institution postsecondaire.	✓	An additional asset when registering in a post secondary institution.	
<ul style="list-style-type: none"> <li>École Beaubassin, 54 Larry-Uteck Boulevard, Bedford - 457-6810</li> <li>École Bois-Joli, 211, avenue du Portage, Dartmouth - 433-7070</li> <li>École des Beaux-Marais, 5261 Highway 7, Porters Lake - 827-4623</li> <li>Nouvelle école à Sackville et la région : contactez l'École Beaubassin !</li> <li>Grandir en français : voir les directions du Petit Voilier de votre région.</li> </ul>			
<p>Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le <b>31 décembre 2014</b>. Pour plus d'information sur les critères d'admission, prière de contacter l'école.</p> <p>La maîtrise de nos <b>DEUX LANGUES OFFICIELLES</b> est certainement un atout! Venez nous rencontrer et vous constaterez <b>LES AVANTAGES</b> de faire éduquer votre enfant dans la langue française. <b>NOTRE PERSONNEL QUALIFIÉ</b> vous attend le <b>mardi 21 janvier 2014 à 19 h</b>. Présentez-vous à l'école du CSAP la plus près de chez vous pour inscrire votre enfant.</p> <p>Les parents, tuteurs ou tutrices qui désirent obtenir un acte de naissance de la province de la Nouvelle-Ecosse peuvent obtenir un formulaire de demande en s'adressant au bureau de la direction de l'école.</p>		<p>Children being registered at primary level must be 5 years of age on or before <b>December 31, 2014</b>. For more information on admission criteria, please contact your local school.</p> <p>To master <b>BOTH OUR OFFICIAL LANGUAGES</b> is certainly a plus! Come meet with us and you will learn about <b>THE ADVANTAGES</b> of having your child educated in the French language. <b>OUR QUALIFIED STAFF</b> will welcome you on <b>Tuesday, January 21, 2014, at 7 p.m.</b> Please go to the CSAP school closest to your home to register your child.</p> <p>Parents/Guardians who wish to obtain a Province of Nova Scotia birth certificate may obtain an application form at the school's administration office.</p>	
http://csap.ednet.ns.ca		1-888-533-2727	

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McCain Arts and Social Sciences

For more information visit  
pdcentre.ca



# With this (insured) ring I thee wed

## For better, for worse.

With the cost of tying the knot soaring, couples are committing to insurance for their big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about \$26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent \$500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's \$50,000 US destination wedding last October in New Orleans, where

her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of U.S. companies.

THE ASSOCIATED PRESS

### Market Minute



**DOLLAR**

91.32¢ (+0.21¢)



**TSX**

13,990.29 (+102.08)

**Nasdaq and Dow Jones closed  
for Martin Luther King Jr. Day.**



## Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data such as salaries, monthly card usage, credit rating and card numbers linked to 80 million cards. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS

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# TICK-TOCK, DRINK COFFEE ON THE CLOCK

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal work-spaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a

profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# Tiger friends – they're grrrrreat



## Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

## No friend too big or small

# 178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

ROBERTUS PUDYANTO/GETTY IMAGES

## Clickbait



**LUKE SIMCOE**  
Metro Online

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

## AdBlock Plus:

I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

## Disconnect:

This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

## HTTPS Everywhere:

Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.



ISTOCKIMAGES

## Twitter



@metropicks asked: At @ziferblat-london visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead\_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@ctmwn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@theReal\_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

## WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



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## SCENE 2

## DVD review



## Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

## Fallon owns the night

## From Jay to Jimmy.

Late Night soon gears up to take the Tonight seat from Leno, but will his style stay the same?

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt,



Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are

## Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight

Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

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Elle's Cafe 103.5 WLS Polymorphe





Drew Barrymore GETTY IMAGES

## Barrymore isn't keen on her kin baring it all as an adult

Drew Barrymore's daughter, Olive, is only 15 months old, but mom is already setting down some ground rules. "I would not let her" pose for Playboy, Barrymore tells ABC News. Barrymore did a spread

for the magazine when she was 19. "I don't think I would. I would influence her not to, because my life choices aren't supposed to be the gateway to somebody else's. That's my journey." **METRO**

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Of politicians, puppies and a pint-sized princess

MELINDA TAUB  
Metro World News

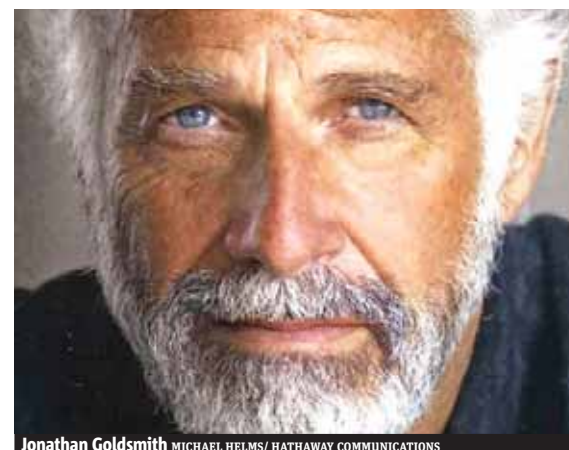
The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th birthday,

and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends. Maybe, instead of renting out a zoo and buying her a miniature Porsche for her second birthday last week, Jay and B should have gotten Blue a puppy.

## He doesn't often show his soft side, but when he does, it's for the dogs



Jonathan Goldsmith MICHAEL HELMS/HATHAWAY COMMUNICATIONS

The most interesting man in the world is helping a Vermont-based company raise money to fight cancer in dogs.

Jonathan Goldsmith is a Manchester resident made famous by his role in the Dos Equis beer commercials. But he's also a dog lover hoping to raise funds for the Denver-based Morris Animal Foundation, which promotes veterinary research for companion

animals, horses and wildlife.

Goldsmith made an online commercial with his Anatolian shepherd Willy as part of a campaign by the Manchester-based Orvis Co., which is known for its outdoor apparel and fly-fishing but also has a dog catalogue.

He says he lost a dog to cancer and is glad to support a good cause.

**THE ASSOCIATED PRESS**

ZAC EFRON MILES TELLER MICHAEL B. JORDAN

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For more information on Sugar and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# 5 steps for a healthier you

**It's not as hard as you think.** Sometimes it's as easy as getting out for a walk and drinking more water

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

## Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

## Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

## Hydrate, hydrate, hydrate!

An easy first step in feeling



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

## Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole

grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

## Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced

meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

## Review

## Visualize your goals with a calorie tracker



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Calorie Counter by MyFitnessPal iPhone/iPad/Android Free Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.



## Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit [metronews.ca/voices/half-off](http://metronews.ca/voices/half-off) to find out.

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**metro**

News worth sharing.



# Just four steps away from McIntosh Chops

**THERESA ALBERT**  
myfriendinfood.com

## FLASH FOOD



From your fridge to your table in 30 minutes or less

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

2. Slice apples and set aside on

## Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

a plate with the onions.

3. Brown each chop over high heat and place with apples.

4. Pour wine into pan and stir in apple butter and thyme. Add chops back with apples and onions, and cover. Turn down

to medium and simmer 15 minutes until cooked through. Serve with mashed sweet potatoes. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND AT MYFRIENDINFOOD.COM**



**PREP**  
20 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

## Health Solutions

## An apple a day... well, you know the rest



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

How do you like them apples?

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ing them like this?

- Braised in apple juice as a simple dessert.
- Used in cooking, particularly with pork.
- Cored and stuffed with oats, butter and cinnamon.
- Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the mac holds its shape and lends its tart sweetness graciously. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



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Dark Horse

**5** Miley Cyrus  
Adore You

**4** Passenger  
Let her Go

**3** Beyonce  
XO

**2** Eminem ft Rihanna  
The Monster

**1** Pitbull ft Ke\$ha  
Timber

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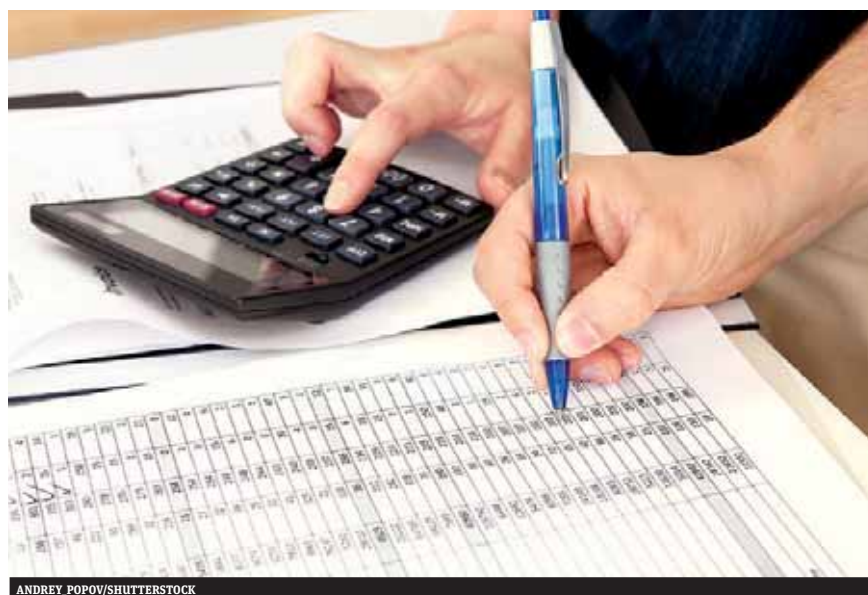


**Money 101.** Two couples, one year to make them richer

# Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save \$1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. — Lesley-Anne Scorgie/For Metro



ANDREY POPOV/SHUTTERSTOCK



LUXORPHOTO/SHUTTERSTOCK

## Carolina and Jose



**LESLEY-ANNE SCORGIE**  
For Metro

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately \$55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for re-

Assets		Liabilities	
RESP for their Eldest Child	\$1,500	Combined Student Loans	\$14,000
Car*	N/A	Line of Credit	\$7,500
		Car Loan	\$12,500
<b>TOTAL ASSETS</b>	<b>\$1,500</b>	<b>TOTAL LIABILITIES</b>	<b>\$34,000</b>

\*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

### Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

- 1 Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
- 2 Afford a trip to Ontario to visit family.
- 3 Chip away at their existing debts.

Jose and Carolina's current net worth is -\$32,500.

**THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.**

tirement and some flexibility to travel.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts,

## Anne-Marie and Peter

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to \$110,000, which is more than the median Canadian household income of around \$72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	\$73,000	Car Loan	\$4,500
Anne-Marie's RRSP	\$500	MBNA Low Rate Credit Card #1	\$3,000
Peter's RRSP	\$8,000	MBNA Low Rate Credit Card #2	\$8,000
Car*	N/A		
<b>TOTAL ASSETS</b>	<b>\$81,500</b>	<b>TOTAL LIABILITIES</b>	<b>\$15,500</b>

\*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

### Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

trust, which the couple says helps them stay on track and avoid financial arguments.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

- 1 Pay off as much debt before the baby comes.
- 2 Start saving for their child's education.
- 3 Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is \$66,000.

is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and



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# HEALTHY WINTER HEART HABITS

Health-conscious Canadians are paying particular attention to cardiovascular health. Seasonal changes can sometimes throw us off our regular routines and some people discard heart-healthy habits for more convenient, unhealthy behaviours.

In fact, statistics show that as many as 40 per cent of Canadians have high cholesterol, which is a risk factor for heart disease.

Experts say the most important factors in cholesterol management are healthy lifestyle choices like a nutritious diet, regular physical activity and not smoking. During the winter months, some people find they lapse in these areas as they spend more time indoors to avoid the chilly weather and enjoy more hearty winter meals.

Here are some tips to help you stay heart healthy this season.

**1** Try to consume more heart-healthy foods like fresh fruits and vegetables, fish, nuts and berries. Avoid foods with high levels of trans fats. If you do decide to indulge in convenience or comfort foods, try to reduce your portion size.

**2** Get outside and enjoy all that winter has to offer. Bundling up and going for a brisk winter stroll can be a great way to get exercise and appreciate the snowy landscape. If you have a pair of skates, visit an outdoor rink — this is the only time of year they open.

**3** If you are a smoker, try to cut down or quit smoking this winter. Don't be afraid to reach out to friends and family members for support.

When lifestyle changes aren't enough, Dr. Chris Mohr, RD, PhD, recommends a probiotic supplement that can help bridge the gap between diet, exercise and drugs.



COLOURBOX

"Cardioviva is the only probiotic that's been clinically proven to help reduce bad cholesterol," Mohr says. This supplement has been shown to help

maintain healthy cholesterol levels by reducing the amount we absorb from food and the amount the body naturally produces. — *News Canada*

## TAKE CONTROL OF YOUR HEALTH AT HEALTH BASKET

For almost 20 years, Health Basket has been HRM's preferred destination for people interested in taking control of their health, wellness and healing.

"Helping people on that journey is a deep passion for us," says co-owner Céline Burlock. "As part of that, we always make sure we stay up-to-date on the latest research and scientific breakthroughs."

In addition to providing supplements, vitamins and food, Health Basket offers acupuncture and alternative nutritional consulting services.

For people who wish to improve their health and clean up their body, Health Basket has partnered with Trophic — a premium-quality provider of natural nutritional supplements — to offer a complete and thorough program consisting of cleanses, vitamins, raw protein and raw meals, all at a discounted price throughout the year.

Located in Cole Harbour at 978 Cole Harbour Rd., Health Basket is open seven days a week. On Tuesdays and Wednesdays, a senior's discount is available, which offers 15 per cent off of regularly-priced items.



CONTRIBUTED

Health Basket also has a loyalty program for nutritional supplements. With every \$5 purchased (before taxes), customers will receive a stamp. Once a customer collects 10 stamps, they will receive \$5 off their next purchase.

The Health Basket and Trophic have partnered to offer you **20% OFF** these great products!



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# AN OUNCE OF PREVENTION

## CAN KEEP COLD AND FLU AT BAY



NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious

amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep

seasonal illnesses away.

**1** Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

**2** Wash your hands with soap and water thoroughly and often.

**3** Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

**4** Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

**5** Stay home from work if you are feeling sick.

**6** Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

**7** Eat well, exercise and get enough rest.

**8** Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. — *News Canada*



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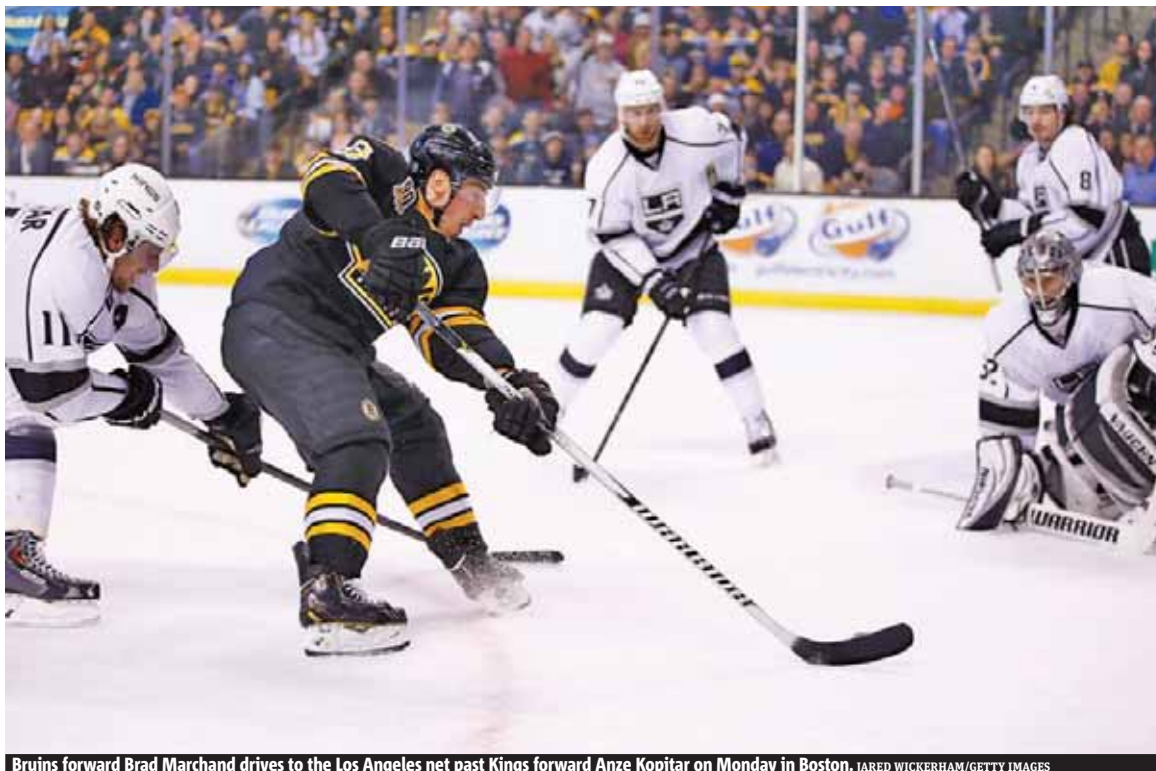


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Bruins forward Brad Marchand drives to the Los Angeles net past Kings forward Anze Kopitar on Monday in Boston. JARED WICKERHAM/GETTY IMAGES

# Rebuilding his Brad reputation in Boston

**NHL.** Bruins' 'Little Ball of Hate' finds scoring touch in recent days

Brad Marchand really didn't have an explanation for his recent run. He just wants it to last as long as possible.

Marchand continued his hot scoring stretch with a pair of goals Monday, lifting the Boston Bruins to a 3-2 win over the Los Angeles Kings.

He also had two in Boston's shootout loss in Chicago on Sunday and has scored six in

his past four games.

After scoring just one goal in his initial 14 games this season, he's had 11 in his past 15.

"When bounces are going your way, you get more confidence," the Hammonds Plains native said. "I think that's all that it is. I think early on I didn't feel confident in anything I was doing. Hopefully it'll continue."

The Bruins were also happy about how they played in consecutive games against strong teams, coming off the loss in a Stanley Cup rematch with the Blackhawks on Sunday.

"I've gotta be honest here," Boston coach Claude Julien

**On Monday**

3

Bruins

2

Kings

said. "I was really impressed with how well we played."

Torey Krug had the other goal for the Bruins, who won at home for the 11th time in 13 games.

"We're very happy," Marchand said. "Two very good

teams with back-to-back, with travel. This game was a really tough one. We've got to be happy. We played a great game yesterday."

Linemate Patrice Bergeron can see Marchand's confidence growing.

"Well, definitely confidence helps a lot," he said. "I think that's got something to do with it, but I think that he is really moving his feet and he's using his speed to his advantage and he's creating a lot of plays just by his hockey instincts. He's taking what's in front of him, he's not forcing plays."

THE ASSOCIATED PRESS

**QMJHL**

## Drouin earns 2nd-star honours after 10-point week

Jonathan Drouin has earned second star of the week honours in the QMJHL.

The Halifax Mooseheads star forward finished with 10 points, including nine assists, in three victories last week.

That included back-to-back four-point performances over the weekend — first in a 9-1 win over the host Rimouski Oceanic on Saturday, and then in an 8-1 drubbing of the Bathurst Titan on Sunday.

Drouin also finished with a plus-six rating for the three games and won 65 per cent of his faceoffs.

First-star honours went to Drummondville Voltigeurs goaltender Louis-Philip Guindon, who recorded back-to-back shutouts.

Justin Hache of the Cape Breton Screaming Eagles was the third star after recording seven assists in two games. **METRO**

**NHL**

## Leafs' streak grows to five in Phoenix

Jonathan Bernier stopped 39 shots and the Toronto Maple Leafs had another big scoring night to beat the Phoenix Coyotes 4-2 Monday for their first five-game winning streak in seven years.

Phil Kessel had a goal and an assist to extend his points streak to six games for Toronto, which last won five straight from Jan. 27-Feb. 6, 2007. Jake Gardiner and Nazem Kadri each had a goal and an assist, and Carl Gunnarsson scored his first goal in nearly a year.

The Maple Leafs have 20 goals during their winning streak. **THE ASSOCIATED PRESS**



Montreal's Eugenie Bouchard celebrates Tuesday's win over Ana Ivanovic on Tuesday in Melbourne. RICK RYCROFT/THE ASSOCIATED PRESS

# Major breakthrough for Montreal's Bouchard

Eugenie Bouchard has reached the semifinals in her first trip to the Australian Open, beating 2008 French Open champion Ana Ivanovic 7-5, 5-7, 6-2 on Tuesday to set up a showdown with fourth-seeded Li Na.

The result means two-time Australian Open finalist Li, who

beat Flavia Pennetta 6-2, 6-2 in an earlier quarter-final featuring two women who'll turn 32 next month, will have to face a teenager for the third time in the tournament.

The 19-year-old Bouchard, the first Canadian to reach the Australian Open semifinals,

played with composure against former No. 1-ranked Ivanovic, who produced a major upset to eliminate top-ranked Serena Williams in the fourth round.

Two-time defending champion Victoria Azarenka is on the other side of the draw.

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## Horoscopes

### Aries

March 21 - April 20

Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

### Taurus

April 21 - May 21

This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

### Gemini

May 22 - June 21

Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

### Cancer

June 22 - July 23

Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

### Leo

July 24 - Aug. 23

Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

### Virgo

Aug. 24 - Sept. 23

Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

### Libra

Sept. 24 - Oct. 23

Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

### Scorpio

Oct. 24 - Nov. 22

Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

### Sagittarius

Nov. 23 - Dec. 21

Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

### Capricorn

Dec. 22 - Jan. 20

If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

### Aquarius

Jan. 21 - Feb. 19

It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

### Pisces

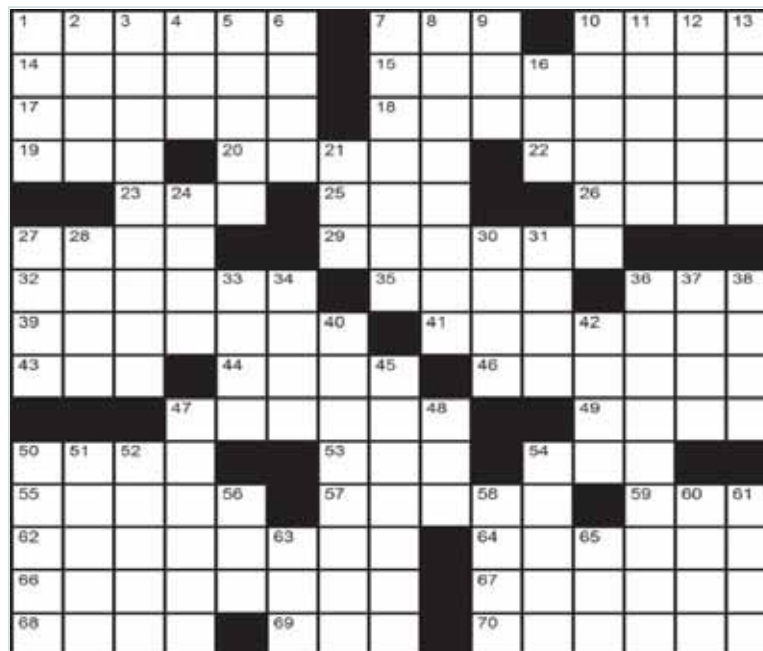
Feb. 20 - March 20

This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- University of Manitoba, Home of the \_\_\_
- Male swan
- House of \_\_\_ (Mid-east royal family)
- Jessica Simpson's sister
- NB community, locale of 5 CDSB Gagetown
- Elegant aircraft
- Blue in colour, it's the Yukon's official gemstone
- Forestry fluid
- Uncertainty
- Splashy surges
- Music producer, Don \_\_\_
- Oscar-winning actress, Melissa \_\_\_
- Ms. Sedgwick
- Ride the waves
- Get there
- Make happy
- Amy's Golden Globes co-host
- These: French
- \_\_\_ one's arms (Cease the stern-looking pose)
- Popcorn brand, \_\_\_ Redenbacher's
- US state, North \_\_\_
- Made, as cotton candy
- "\_\_\_ you can!" (Buffet host's urging)
- Elated
- Caustics
- Prefix to 'aller-



- Do charades: 2 wds.
- Wild blue yonder's
- Dictionary abbr.
- Spanish Conquistador, Hernan \_\_\_ (b.1485 - d.1547)
- Down
- Undereye cream targets
- Ms. Fisher

- Scuba diving exploration site
- Antiquated
- Must-haves
- Prefix to 'tonin' (Sleepy stuff)
- Stephen of that satirical 'Report' show
- Handel musical work
- TLC member, T-\_\_\_
- "\_\_\_, \_\_\_ how are you 'n' stuff?"

- (English-as-it's-often spoken query)
- Tart-tasting
- Express
- \_\_\_ great job (Performs well)
- Mother goddess of Thebes
- 'Form' suffix
- Way out there
- Tater
- Forearm bone
- Concerning,

- curtly: 2 wds.
- \_\_\_-\_\_\_-vroom!
- Fair
- Catch a glimpse
- Vancouver Island: \_\_\_ Sound
- Ms. Macpherson
- Poivres partners
- Canadian Forces Base \_\_\_, in Alberta
- "\_\_\_ be okay." (Don't worry)
- Ballet legend, Rudolf \_\_\_ (b.1938 - d.1993)
- "Bridget \_\_\_ Diary" (2001)
- Ms. Ullmann
- Main office [abbr.]
- "How are things?": 2 wds.
- Verse
- Painter, El \_\_\_ (b.1541 - d.1614)
- Conclusion
- Leave a disaster area, for short
- Honest
- Positions
- Woolly one's call
- Env.'s stuff-y

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today** -8°/-11° Partly cloudy

**Wednesday** -6°/-13° 10+cm of snow 90%

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### 2014 IIHS TOP SAFETY PICK

Optima SX AT shown<sup>1</sup>

#### THE NEW 2014 OPTIMA

hwy / city 100km<sup>2</sup>  
5.7L/8.9L

WAS  
~~\$149~~

#### THROWBACK PRICING

**\$109<sup>3</sup>** BI-WEEKLY  
for the first  
15 MONTHS.  
6-SPEED AUTOMATIC

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financing

Includes Variable Throwback Pricing Incentive. \$109 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Optima LX AT (OP742E), 60-month financing amortized over 84 months. Principal balance of \$7,689 due after 60 months. After 15 months, bi-weekly payments increase to \$149. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.\*

### 2013 IIHS TOP SAFETY PICK

Forte SX shown<sup>1</sup>

#### THE ALL-NEW 2014 FORTE

hwy / city 100km<sup>2</sup>  
5.3L/8.0L

WAS  
~~\$96~~

#### THROWBACK PRICING

**\$76<sup>3</sup>** BI-WEEKLY for the  
first 15 MONTHS.

**0%**  
financing

Includes Variable Throwback Pricing Incentive. \$76 bi-weekly payments include the \$640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (F0541E), financing for 84 months. After 15 months, bi-weekly payments increase to \$96. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.\*

#### THE NEW 2014 RIO

hwy / city 100km<sup>2</sup>  
5.3L/7.5L

WAS  
~~\$89~~

#### THROWBACK PRICING

**\$69<sup>3</sup>** BI-WEEKLY for the  
first 15 MONTHS.

**0.99%**  
financing

Includes Variable Throwback Pricing Incentive. \$69 bi-weekly payments include \$640 Throwback Pricing Incentive. Payments are based on 2014 Rio LX MT (R0541E), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$89. Principal balance of \$4,556 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.\*

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The Power to Surprise

Offer(s) available on select new 2015/2014 models through participating dealers to qualified retail customers who take delivery by January 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including the levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. \*Throwback Pricing available O.A.C. on financing offers on new 2015/2014 models. 0% financing for 84 months example: 2014 Forte LX MT (F0541E) with a purchase price of \$17,559 (including \$1,465 freight/PDI) financed at 0% for 84-month period equals 32 reduced bi-weekly payments of \$76 followed by 150 bi-weekly payments of \$96. Cost of borrowing is \$0 and total obligation is \$17,559. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Forte LX MT (F0541E) shown is \$640 (a \$20 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing example: 2014 Rio LX MT (R0541E)/2014 Optima LX AT (OP742E) with a purchase price of \$15,559/\$26,259 (including \$1,465 freight/PDI) financed at 0.99% for 60 months amortized over an 84-month period equals 32 reduced bi-weekly payments of \$69/\$109 followed by 98 bi-weekly payments of \$89/\$149 with a principal balance of \$4,556/\$7,689 plus applicable taxes due after 60 months. Cost of borrowing is \$532.19/\$847.54 and total obligation is \$16,086/\$27,107. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Rio LX MT (R0541E)/2014 Optima LX AT (OP742E) shown is \$640/\$1,280 (a \$20/\$40 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes taxes. See retailer for complete details. 0% purchase financing is available on select new 2015/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. \*Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F0748E)/2014 Optima SX AT (OP748E)/2014 Rio4 SX with Navigation (R0749E) is \$26,195/\$34,580/\$23,602. <sup>2</sup> Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (N/T)/2014 Optima 2.4L GDI (N/T)/2014 Rio4 1.6L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. 2014 Top Safety Pick – P.C. Insurance Institute for Highway Safety (IIHS) for model year 2014. U.S. model tested. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.